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|  | **JSON** | **XML** |
| **Stands for** | JSON means JavaScript Object Notation. | XML means Extensible Markup Language. |
| **History** | Douglas Crockford and Chip Morningstar released JSON in 2001. | The XML Working Group released XML in 1998. |
| **Format** | JSON uses a map like structure with key- value pairs. | XML stores data in a tree structure with namespaces for different data categories. |
| **Syntax** | The syntax of JSON is more compact and easier to read and write. | The syntax of XML substitutes some characters for entity references, making it more verbose. |
| **Parsing** | You can parse JSON with a standard JavaScript function. | You need to parse XML with an XML parser. |
| **Schema Documentation** | JSON is simple and more flexible. | XML is complex and less flexible. |

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| **Authentication** | **Authorization** |
| Authentication verifies who the user is. | Authorization determines what resources a user can access. |
| Authentication works through passwords, one-time pins, biometric information, and other information provided or entered by the user. | Authorization works through settings that are implemented and maintained by the organization. |
| Authentication is the first step of a good identity and access management process. | Authorization always takes place after authentication. |
| Authentication is visible to and partially changeable by the user. | Authorization isn't visible to or changeable by the user. |
| Example: By verifying their identity, employees can gain access to a human resources (HR) application that includes their personal pay information, vacation time, and 401k data. | Example: Once their level of access is authorized, employees and HR managers can access different levels of data based on the permissions set by the organization. |